

COLORING CONTEST WINNERS ANNOUNCED

Wow! We had more than 100 children enter the Kannapolis Police Department's Coloring Contest.

Children between the ages of four and 10 were asked to color a copy of the uniform patch Kannapolis Police Officers wear.

"I want to thank all the children who entered. It was a difficult decision, as there were so many wonderful entries. All the officers had a great time selecting the winners," commented Kannapolis Police Chief Terry Spry.



Milynzia Gaddy

After every officer voted, Milynzia Gaddy, 10, a homeschool student, was selected as the first-place winner. Her colored



Amelia Astrada

version featured red, gold and blue glitter surrounding the borders of the patch. Her coloring has been converted to a cling decal and placed on every Police vehicle in the City for the next two months.

The 2nd place winner was Amelia Astrada, who attends Winecoff Elementary School. There was a tie for 3rd place – Keyon Reese, who attends Forest Park Elementary School, and Mila Allmon, who is homeschooled.

All the winners received gift cards to do fun things around the City.



BALLPARK OF THE YEAR!

Ballpark Digest has named Atrium Health Ballpark the 2022 Ballpark of the Year.

The ballpark has demonstrated success as a premier venue for baseball and other community events, and its subsequential impact as a catalyst for the revitalization of the City of Kannapolis led to its selection as this year's Ballpark of the Year. This national honor places the ballpark in the ranks of the best major and minor baseball league venues across the nation.

THE CITY OF KANNAPOLIS
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Follow the City on Facebook (facebook.com/cityofkannapolis), Instagram @KannapolisNC, LinkedIn (linkedin.com/company/cityofkannapolis), Nextdoor (nextdoor.com/Kannapolisnc.gov) and Twitter @Kannapolis for regular updates and more ideas for fun.

FEBRUARY 2023

Discover a Healthy Life KANNAPOLIS MATTERS

FIRE MARSHALS ENCOURAGE CARDIAC PREVENTION FOLLOWING HEART ATTACKS

Kannapolis Fire Marshals Shane Pethel and Don Gray have a lot in common – they are firefighters, have a great sense of humor, love their families – and both had heart attacks in their early 50s.

For Shane, it was August 2018. The City was having a weekend concert with fireworks and he had been to the fireworks site to inspect it and ensure everything was properly set up. "I was hot and had put out an electrical box fire. After inspecting the fireworks, I felt like I had pulled a muscle in my back. I decided to lay down on the lawn where we had the fireworks set up and just rest for a minute. Eventually, I felt a little better and got into my truck, picked up a coworker and took off to return to City Hall when the back pain returned. My coworker recognized that something besides back pain was happening and took me to urgent care," Shane recounted. When doctors examined Shane, they found he was having a heart attack and had an artery that was 99% blocked. He was transferred to a hospital where he received a stent and was able to go home 48 hours later.

Two years ago, Don had just completed the firefighter's annual agility test. In eight minutes, you run stairs, secure fire hoses, drag

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Don Gray and Shane Pethel

CONVENIENT UTILITY BILL PAY OPTIONS

Online
customerconnect.kannapolisnc.gov

Phone
704-920-4444, choose option 1

Kiosk
City Hall, 401 Laureate Way

Mail
Mail checks to City of Kannapolis,
P.O. Box 604072, Charlotte, NC
28260-4072

In Person
City Hall, 401 Laureate Way,
8 a.m. to 5 p.m., Monday-Friday

Dropbox
City Hall Parking Lot,
Check payments only





Meet **Kaiyo**, our new K9 officer. He's a beauty.

Kaiyo, is pronounced "kaay-iy-o." His name means "ocean" in Japanese. He is a German Shepherd and is settling into his home with **Officer Jason West**. They are busy training and learning how to be a K9 team. Kaiyo is a year old and, when not working, loves bully stick treats and zooming around his yard.

Say hello if you see him and Officer West around the City.

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test dummies, breach a door, raise a ladder and ventilate a roof. Once he completed the test, Don said, "I could not catch my breath, which is usually not a problem for me."

Fellow firefighters helped him get out of his fire gear and began to check his vital signs. The heart monitor showed he was having a heart attack. He was transported to the hospital and taken to the cardiac cath lab. "I remember the doctor telling me that I had a 100% blockage of what everyone calls the 'widowmaker' artery and then everything went lights out."

Don coded and had to be shocked numerous times by doctors before his heartbeat was restored. He was also given a stent and, amazingly, was able to go home within 48 hours. Don's family has a history of cardiac issues, and he knew he had high blood pressure, but he decided to try to take care of it himself with exercise and diet. "I never had any chest pain beforehand."

Looking back, Shane had symptoms but ignored them. He said, "I had a couple of dizzy spells and light chest pain a couple of months before the heart attack, but I brushed it off as being overheated and tired. Do not ignore your body and what it is telling you. Get a physical. Tell your doctor about your symptoms, even if it may seem like something minor."

They now jokingly say you cannot work in their office unless you have had a heart attack. But all joking aside, both men want you to pay attention to your health.

Both feel blessed to have been around people who knew the symptoms of a heart attack, how to quickly respond and how to get them to hospitals quickly. "Both of us were fortunate to be at work and not somewhere alone. Our coworkers recognized something was wrong and worked quickly to make sure we received immediate care," Don said.

They are now on medications to prevent any further heart issues and receive regular checkups. "We are fortunate that we are still here and able to enjoy time with our families. We encourage everyone to take time to know the symptoms of a heart attack and to learn CPR."

JOIN THE LOOP THE LOOP PROGRAM IN 2023!

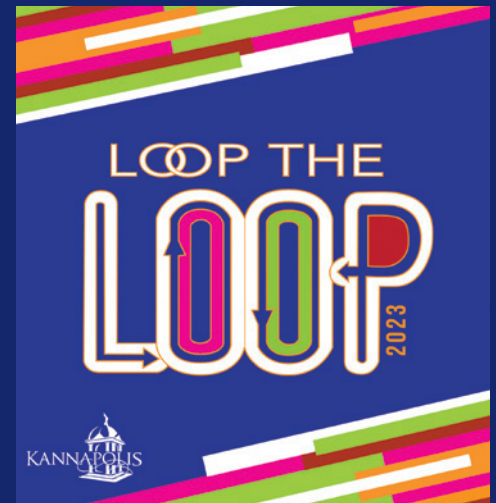
Celebrate 2023 and the new year by Looping the Loop. The City of Kannapolis' Loop the Loop Program is a fun way to track the distance of your walk, run or bike ride. For every mile you complete, you are on your way to earning great prizes.

Follow the signs and sidewalk markers as you complete the loops around downtown Kannapolis and at each Kannapolis school. You can print a map of the loops by visiting the City's website. You do not have to walk in downtown Kannapolis or school loops to qualify. Walk anywhere in your neighborhood or the City.

You are also welcome to register your dog for Loop. Just register your dog's name and put Dog beside of the name. You earn great people prizes and your pet can earn prizes they will love.

The goal is for you to complete 150 miles by the end of 2023. At the end of each quarter, you are eligible to earn prizes based on how many miles you have already walked.

The program is free to everyone. Register now at www.kannapolisnc.gov/looptheloop.



DISPOSE OF MEDS SAFELY

Unused medicine is a threat to both public health and the environment. Medicines that are flushed down the drain or that leach from landfills eventually end up in our waterways.

Don't keep unused medicines lying around, but also remember not to flush medicines or put them in the trash.

To prevent prescription and over-the-counter medications from getting into our waterways or into the hands of children, please drop off medications in the drop box located in the lobby of the Kannapolis Police Department at 401 Laureate Way.

